

# SO HOT RIGHT NOW AGAIN

"ZOO LANDER 2" AT PARIS FASHION WEEK. PAGE 12



# metro



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# OUR ISLAND!

**NFL.** Darrelle Revis reportedly spurned the New England Patriots on Tuesday night to return to the Jets after two years away. New York ponied up a whopping \$39 million in guaranteed money to bring "Revis Island" back. PAGE 25



Darrelle Revis played with the Jets from 2007 to 2012. / GETTY IMAGES

## Thousands pay tribute to late Cardinal

PAGE 02

## Spacey's take on Netflix etiquette

PAGE 18



## Does pot need a warning label?

PAGE 23

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# 1 NEWS

Top 3

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**1** 'Robin Wright wants to tell you all about her orgasms'

**2** VIDEO: 4 relationship facts you should know'

**3** Beauty tutorial: Re-create Anastasia's fresh face from "Fifty Shades of Grey"



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Thousands gathered to mourn the passing of Cardinal Edward Egan, who led the New York Archdiocese for nearly a decade.

GETTY IMAGES, (LEFT, TOP LEFT, BOTTOM RIGHT) / HANNAH MATTIX, METRO (BOTTOM LEFT, TOP RIGHT)

# Cardinal Egan's life, work celebrated

## Eulogized.

Thousands turned out to pay their respects for the late head of the New York Archdiocese.

It was a fitting scene for a prelate who meant so much to his flock.

Not Gov. Andrew Cuomo's presence.

Not NYPD Commissioner Bill Bratton, or his predecessor, Ray Kelly.

Not even the current mayor, or all his living predecessors.

No. What seemed most fitting, was the firefighter who flanked one side of Cardinal Edward Egan's open casket at Tuesday's funeral inside St. Patrick's Cathedral.

And the cop on the other.

Agree or disagree with the Catholic Church's sometimes controversial dogma, and Egan's fierce defense of it, there is no denying that in one of the city's darkest moments, his strength and compassion sustained New Yorkers of all faiths.

Our Finest and Bravest in particular, who sacrificed so much when the terrorists tore a hole in our hearts and knocked those two towers, such a proud symbol of a proud city, to the ground, were hit hard.

Egan was right there, at Ground Zero, anointing the dead civilians, from laborers and food workers to financial executives and computer programmers, as they were pulled from the rubble of the Sept. 11, 2001 horror.

And he was there to support, counsel and hug the first responders who ran into the towers as oth-

## Quoted

**"Cardinal Egan was a spiritual leader for millions of Catholics and a good friend to me. I will miss his friendship."**

former Mayor Mike Bloomberg

ers ran out.

In all, 341 firefighters were killed; as were two paramedics, and 60 cops — 37 from the Port Authority and 23 from the NYPD.

They were among the 2,606 people who perished that day; 2,977 victims nationwide when you count the attacks at the Pentagon and the crash in Pennsylvania.

Egan attended many funerals. So many. Sometimes three a day.

He even buried a fellow priest, the beloved Fire

Department chaplain, Father Mychal Judge, whose dust-covered, crumpled body being carried from the towers' rubble became such an iconic photo from that miserable day and its aftermath.

More than 2,500 people from all walks of life and all faiths crammed the pews inside the spectacularly grandiose St. Patrick's Cathedral, across from Rockefeller Center.

His successor, Cardinal Timothy Dolan, noted that Egan was not one for eulogies.

"Oh, a eulogy would be so easy and natural ... but, he'd have none of it, and simply want us to confess our faith in God, rather than our gratitude to him, our departed Cardinal," he said.

JOHN A. OSWALD  
@MetroNewYork  
letters@metro.us

## Family and friends

**"Cardinal Egan spread compassion and knowledge, and brought comfort to countless New Yorkers."**

Mayor Bill de Blasio

**"Oh, a eulogy would be so easy and natural ... but, he'd have none of it, and simply want us to confess our faith in God, rather than our gratitude to him, our departed Cardinal."**

Cardinal Timothy Dolan

**"To us, he was Uncle Ed."**

Bryan Hayes, Egan's nephew



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2 3 4 5 A C J Z F

# In winter, manholes explode,

## Infrastructure.

The winter was so cold it actually prevented pipes from exploding. Salty runoff, on the other hand, was an explosive problem.

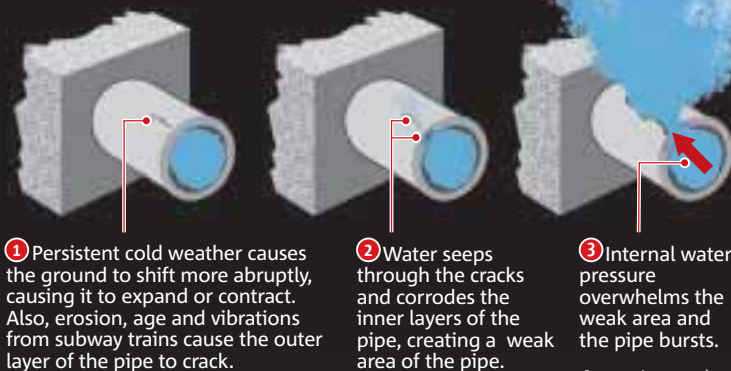
The frigid temperatures that swept through New York this winter might have been a blessing in disguise for the city's underground water infrastructure, but more of a challenge for the electrical system.

Main breaks in particular have been known to be problematic across the city given how many different utility lines and services run beneath New Yorker's feet — including wiring tied to a spate of manhole explosions.

While the winter might freeze any number of ser-

## How water main pipes fail

*Water running through the pipes does not freeze, it is the ground around the pipes that causes many of the problems.*



## Quoted

**"There seems to be a sort of global disappointment that we don't have the world coming apart at the seams. We're sorry to disappoint everybody."**

Roberts

vice pipes into people's homes, damage to the water mains that feed those pipes have, at best, cut off water service and flood the streets and, at worst, created giant sinkholes, the latter at great cost to the city.

"We tend to see more

issues when we have really cold weather quickly followed by a warming up," Jim Roberts, the city's deputy commissioner for its water and sewer systems with the Department for Environmental Protection. "This year has been a steadier deep freeze."

Recently released numbers from City Hall report the number of water main breaks decreased in the first four months of fiscal 2015 to 76 from 96 the year before.

Roberts said water mains — which are susceptible to any number of things that can lead to breaks including weather, changes in water pressure and the materials the pipes are made of — mostly survived the last few months unscathed, thanks to the cold.

A water main break in January in Hell's Kitchen flooded the streets as the temperature hit the mid-teens late Jan. 23. Days earlier, water flowed through

## By the numbers

# 76

Number of water main breaks in the first four months of fiscal 2015

# 96

Number of water main breaks last year during the same period

# 513

Total water main breaks in 2014

Greenwich Village streets after a 12-inch pipe exploded midday on Jan. 15.

"There seems to be a sort of global disappointment that we don't have the world coming apart at the seams," Roberts joked. "We're sorry to disappoint everybody."

City statistics also show a slight rise in main breaks in the last three years. The

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# mains survive

DEP reported 513 breaks in fiscal year 2014, an increase from 406 and 370 in 2013 and 2012.

Even so, Roberts said the overall long-term trend has still seen a steady decline since 2004, which saw 591. And those numbers, he argued, are still below national standards.

One of last year's big breaks last year was on Houston Street, right in front of Katz's Delicatessen in May. The springtime break didn't appear to be weather-related, but the damage was extensive. A sinkhole formed. Thirteen buildings around the busy block had no water for hours.

"It was a nightmare," said Jake Dell, who co-owns the classic deli that was at the epicenter when the 20-inch pipe installed in 1959 burst.

The restaurant managed to stay open as 3 feet of water in the basement turned into mud from cracks in the wall and



Manhole explosion on Prospect Park West and 5th Street, Brooklyn. / GETTY IMAGES

thousands of dollars worth of merchandise and equipment were damaged.

Even as the cold might have saved the city from water pouring through city streets, the combination of salt and melting snow trickling into exposed wires proved more problematic this winter.

Con Edison, which manages the city's electrical system, reported more than 200 smoke, fire and explosion incidents so far in 2015.

Brooklyn has been hit particularly hard with a series of early morning exploding manholes, including over a dozen in Greenpoint in early March and at least one in February that sent a Park Slope man to the hospital.

Robert Adamski, an engineering consultant and former DEP deputy commissioner, explained that most New Yorkers rarely think about everything that runs under their feet.

"It's out of sight, out of mind for most people," Adamski said. "Until it becomes a problem."

For Dell, however, problems Katz's faced after the damage was done are part of the deal.

"The city is what it is," Dell said. "You deal with bureaucracy, construction and everything else. That's just the cost of doing business in the city."



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## Brooklyn

## One wounded in Borough Hall rush-hour subway shooting

A man was shot at Borough Hall station at 6:30 p.m. Tuesday and was taken to Brooklyn Hospital in serious condition, reports NBC.

A rider who identified himself as Thomas told Metro that he was coming home from work on the 5 train and saw two young men start an argument on the train with an older man when he got on the train at the Bowling Green station.

"He tried to get on and he had to walk through them and one started talking trash," Thomas said.

Thomas said he then saw one of the young men push the older man as they approached Borough Hall station. "I saw [the older man] reach into his pocket and ... pull out the gun from his pocket and people were like, 'It's a gun.' ... I saw the older guy put the clip in the gun and he looked like he was getting in the position to shoot him, so

we all ran off the train. The two dudes ran up the stairs, and the guy was all calm with the gun in his hand and walked up the stairs, and everybody ran down the stairs. Not even 40 seconds later we heard a pop."

One of the men involved was an off-duty or retired corrections officer, sources told NY1.

ANDREA PARK



Dogs and ferrets, living together? Not yet. / GETTY IMAGES

## Ferret ban upheld by health department

**Animals.** Health department votes to keep ban against "little weasels."

but afraid of persecution now that the ban continues.

"Even being a rescue is illegal, that's the unfortunate thing about this," said Jasper, who wouldn't publicly comment if she's a ferret owner or not. "People who are doing great work can't be open about it."

The proposal, if passed, would have made ferrets legal again after Sept. 1, as long as they were sterilized, vaccinated and restrained when outdoors.

Ferrets, legal in the rest of the Empire State, were one type of animal banned in 1999 due to their propensity for "vicious, unprovoked attacks" during the Giuliani administration.

"We appreciate the board's concern for the health and safety of New Yorkers in their decision to keep in place the prohibition on ferret ownership in New York City," the health department said.

"If that's their judgment, I'm comfortable with their judgment," Mayor Bill de Blasio told reporters after the decision. He previously deferred to health officials on ferret matters.

Information from Reuters was used in this report.



WENDY JOAN BIDDLECOMBE  
Wendy.Biddlecombe@metro.us

Ferret enthusiasts hoping to bring their furry friends into mainstream New York City society suffered a setback Tuesday when the health department voted to uphold the ban on the domesticated critter.

"We're left wondering where to go at this point, and we're frustrated this wasn't as democratic a process as we were lead to believe," said Ariel Jasper, a Brooklyn resident who started a petition last year to legalize the animals.

Jasper said she was concerned that a board appointed by the health department didn't fully review the more than 400 written comments of public testimony received at a public hearing in December.

The city Board of Health voted 3-2 against the ferrets, with five who didn't vote. The measure needed six votes to pass. Jasper said the non-voting members seemed to not have enough information to comfortably vote.

Jasper said many New York ferret owners are responsible, and are actively involved with ferret rescue,

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# Jury in Boston sees blood-stained note in marathon bomb trial

**Sense of submission.** Defense lawyers argue that the older brother was the driving force behind the attacks.

Jurors in the trial on Tuesday of Boston Marathon bombing suspect Dzhokhar Tsarnaev got to see the blood-stained message that prosecutors say he wrote on the inside of a boat he was hiding in before his violent capture, explaining his reasoning for killing innocent people.

"We Muslims are one body you hurt one you hurt us all," the message read, citing what it said was aggression in Muslim lands. "I don't like killing innocent people it is forbidden in Islam, but due to said (...)



Blood-stained note by Tsarnaev shown to jury. / DEPARTMENT OF JUSTICE

it is allowed," the message read, with a word missing due to a bullet hole.

Boston Police Officer Todd Brown identified a photograph of the message, displayed to the jury on screens in U.S. District Court in Boston, showing bullet holes and blood dripping over the words.

Defense lawyers argue that Dzhokhar followed his older brother out of a sense of submission.

Federal prosecutors contend that Tsarnaev was driven by an extremist view of Islam and a desire to strike back at the United States in revenge for military campaigns in Muslim-dominated countries.

Earlier on Tuesday, an FBI agent testified that Tsarnaev attended the world-renowned race the year before the attack and posted an ominous tweet about people being "defeated."

FBI agent Stephen Kimball said Tsarnaev, using the Twitter handle J\_Tsar, wrote "they will spend their money and they will regret it and then they will be defeated" on April 16, 2012, the day of that year's marathon. Kimball said "yes" when asked if the FBI believed he attended the race in 2012.

Defense attorney Miriam Conrad questioned Kimball about other tweets

## Bombing

# 3

Tsarnaev is accused of killing three people and injuring 264 with a pair of homemade bombs at the race's crowded finish line on April 15, 2013, as well as fatally shooting a police officer three days later.

from Tsarnaev, including ones citing rap lyrics, and jokes like "I want to study a broad or two."

"Is it fair to say that in addition to the 45 tweets that the government chose for you to introduce, there are a lot of tweets about things like girls, cars, food, sleep, homework, complaining about studying?" she asked.

"Yes," Kimball responded.

Conrad also pointed out that a background photo on one of Tsarnaev's two Twitter accounts was of the city of Grozny in Chechnya, not of Mecca, the sacred city for Muslims in Saudi Arabia, as Kimball had earlier suggested.

Other FBI agents on Tuesday described how some 3,000 pieces of evidence, including shrapnel and body parts, were retrieved from the blast sites near the marathon finish line, some on surrounding rooftops as high as four stories. **REUTERS**

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# Three things you need to know

## CIA sought to hack Apple iPhones from earliest days: The Intercept

CIA researchers have worked for nearly a decade to break the security protecting Apple phones and tablets, investigative news site The Intercept reported on Tuesday, citing documents obtained from NSA whistle-blower Edward Snowden.

The report cites top-secret U.S. documents that suggest U.S. government researchers had created a version of XCode, Apple's software application development tool, to create surveillance backdoors into programs distributed on Apple's App Store.

The Intercept has in the past published a number of reports from documents released by Snowden. The site's

editors include Glenn Greenwald, who won a Pulitzer Prize for his work in reporting on Snowden's revelations, and Oscar-winning documentary maker Laura Poitras.

It said the latest documents, which covered a period from 2006 to 2013, stop short of proving whether U.S. intelligence researchers had succeeded in breaking Apple's encryption coding, which secures user data and communications.

Efforts to break into Apple products by government security researchers started as early as 2006, a year before Apple introduced its first iPhone and continued through the launch of the iPad in 2010 and beyond, The Intercept said. **REUTERS**



## ISIS video claims killing of 'Israeli spy' Musallam

A video posted online by Islamic State militants showed a boy killing Muhammad Musallam, an Israeli Arab accused by the group of having signed up as a jihadi to spy for Mossad, with a bullet to the head.

The video showed Musallam wearing an orange jumpsuit, talking about how he had been recruited and trained by the Israeli intelligence service.

After that, it showed Musallam being escorted to a field and executed by a boy, described by an older, French-speaking fighter as one of the "cubs of the caliphate."

**REUTERS**



MUSALLAM

## More Russian tanks and equipment cross border

Russian tanks and heavy military equipment have crossed the Ukrainian border in the last few days in breach of a European-brokered cease-fire agreed to on Feb. 12, a senior U.S. State Department official said.

The comments by U.S. Assistant Secretary of State for Europe, Victoria Nuland, follow accusations by Ukraine and Western governments that Russia continues to send troops and weapons to support separatists in eastern Ukraine despite the cease-fire deal, a charge the Kremlin has denied.

Eastern Ukraine and Crimea, the Black Sea peninsula annexed by Russia a year ago, was "suffering a

reign of terror," Nuland told a congressional hearing on Ukraine, adding that the White House was still considering whether to arm Ukraine's military.

The last few days have seen new transfers of Russian tanks, armored vehicles, heavy artillery and rocket equipment over the border to the separatists, Nuland told the Senate Foreign Relations Committee.

**REUTERS**



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## Madison. Cyberattack hits police department after shooting of teen



A memorial grows outside the home where 19-year-old Tony Robinson was killed. / GETTY IMAGES

Cyberattackers have compromised computer systems at the Madison Police Department in retaliation for the police shooting death of a 19-year-old unarmed black man in the Wisconsin capital, a police spokesman said on Tuesday.

The cyberattack appears to be continuing and could be hitting other city and county websites, said police spokesman Joel DeSpain.

The attack was thought to be initiated by Anonymous, an international network of activist computer hackers, in response to the fatal shooting of Tony Robinson by a white Madison police officer on Friday.

Robinson's death has sparked outrage and protests reminiscent of those seen in Ferguson, Missouri, and other cities across the nation after the August police shooting of Michael Brown, 18, an unarmed African-American, by a white Ferguson police officer.

The attack was discovered Monday when police officers found "intermittent connectiv-

ity issues" that escalated to complete outages with their computer systems, DeSpain said.

Robinson was shot Friday evening after Officer Matt Kenny responded to calls about a man dodging cars in traffic who had allegedly battered another person, according to police officials.

Kenny is on paid administrative leave while the Wisconsin Department of Justice investigates the shooting.

Police shootings and police tactics were the subject of scrutiny in Washington as more than a dozen protesters critical of police attended a District of Columbia Council meeting on Tuesday.

The protesters were critical of what they called racially biased policing, including "jump outs," or the stopping of citizens by plainclothes officers in unmarked cars, which they said are disproportionately used in black neighborhoods in the nation's capital.

Police Chief Cathy Lanier said "jump outs" were not official policy.

REUTERS

### Lawsuits

## Wikimedia, rights groups sue NSA over mass surveillance

The National Security Agency was sued on Tuesday by Wikimedia and other groups challenging one of its mass surveillance programs that they said violates Americans' privacy and makes indi-

viduals worldwide less likely to share sensitive information.

The lawsuit, filed in federal court in Maryland, where the spy agency is based, said the NSA is violating U.S. constitutional protections and the law by tapping into high-capacity cables, switches and routers that move Internet traffic through the United States.



NSA surveillance facility  
GETTY IMAGES

The case is a new potential legal front for privacy advocates who have challenged U.S. spying programs several

times since 2013, when documents leaked by former NSA contractor Edward Snowden revealed the long reach of government surveillance.

The litigation announced on Tuesday takes on what is often called "upstream" collection because it happens along the so-called backbone of the Internet and away from individual users. REUTERS



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### Quoted

"We do know that Anonymous has claimed responsibility for this, and there are people actively working to prevent it from damaging our ability to take care of business here."

DeSpain



# 2

## CULTURE



### Twitter feed

Today, Carrie Underwood is feeling pretty badass, Liam Payne is in transit, Kylie Minogue is feeling nostalgic, Anna Kendrick is looking on the bright side and Mindy Kaling is settling in for the long haul.

@carrieunderwood: Yeah, I share a birthday with Chuck Norris...jealous?

@Real\_Liam\_Payne: Hope the planes got good films today

@kylieiminogue: Awwwww... Came across my tiny ballet slippers from when I was a kid!!!

@AnnaKendrick47: We should be thanking Apple for launching the \$10,000 "apple watch" as the new gold standard in douche-bag detection.

@mindykaling: I'm wandering around Whole Foods like tom hanks in The Terminal

# 1

## 'Zoolander 2' is actually happening

The obvious highlight of Paris Fashion Week so far? The sight of veteran male model — and signature look Blue Steel innovator — Derek Zoolander's triumphant return to the runway for Valentino, sporting a custom Night Butterflies brocade suit and overcoat. OK, not really. But Ben Stiller and Owen Wilson did make a surprise appearance in Paris, using the catwalk as a means to cleverly announce that a sequel to the 2001 comedy "Zoolander" is officially happening. The long-awaited follow-up has been talked up for years, with Stiller discussing plot ideas in interviews as far back as 2010, but it finally has a release date: February 16, 2016.



ALL PHOTOS GETTY IMAGES

## Robin Wright wants to tell you about her orgasms

In case you were wondering, "House of Cards" star Robin Wright is happier than ever with Ben Foster, her on-again, off-again fiancé. So there, Sean Penn. "Perhaps it's not ladylike [to say], but I've never laughed more, read more, or [had orgasms] more than with Ben," she tells Vanity Fair. "He inspires me to be the best of myself. There's so much to learn. It's endless. How great! It took me a long time to grow up. Love is possible as life is possible." But hey, at least she's not willing to dish on her life with Penn, so that's something: "I have too much respect for Sean and our two extraordinary children to sell our past joys and woes for public consumption and fodder," she says. Well all right, then.



That's the smile of one satisfied woman.

## THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRLBAR  
@Nedrick  
ned.ehrbar@metro.us



## Madonna's daughter: 'Mom, stop it!'

So what's it like to be the 18-year-old daughter of an iconic sex symbol? Pretty awkward. Madonna admits to Carson Daly during a "Today" show interview that oldest daughter Lourdes isn't dealing too well with some of mom's racier material. "At this point, Rocco doesn't care. It just goes over his head. He's like, 'Oh, mom. Mom's being mom,'" Madonna explains. "The other little kids [aren't] really — they're not tuned into that frequency yet. And [Lourdes] is horrified by all of it. She just wants

me to be her mom."

That's one request Madonna has apparently been taking very seriously, especially now that Lourdes is off at the University of Michigan as a freshman. It turns out that massive pop career or no massive pop career, Madonna can still embarrass her daughter the old-fashioned way. "I'm very worried. 'Are you getting enough sleep? Are you eating right?'" she admits. "I set up a humidifier in her room with eucalyptus oil. I was worried she didn't have enough towels, Q-tips, you know."

## Mia Goth looking to make an honest nut-job of Shia LaBeouf

Apparently Shia LaBeouf's new rattail isn't that much of a turn-off, because if model Mia Goth's new jewelry is any indication, she's planning to marry the "Fury" actor. Goth was spotted out and about in Los Angeles with LaBeouf, fingers of one hand entwined with his, while the other sported a pretty impressive diamond. And yes, it was on that finger. The pair met and began dating in 2013.



Maybe love does conquer all?

### Daily video

## 'Mockingjay — Part 1' gets an Honest Trailer

There's still one more "Hunger Games" movie to go, but before that, why don't we lovingly poke some holes in the penulti-

mate installment? Screen Junkies gives "The Hunger Games: Mockingjay — Part 1" the Honest Trailer treatment, and they don't pull any punches, detailing all the ways the filmmakers stretch "half a short book" to fill an entire movie. And that's not it. "One of the



SCREEN JUNKIES, YOUTUBE

most talented actresses is squandered in a role that has her put on a frumpy jumpsuit and make two hours' worth of cry-face."



# America Ferrera looks for intimacy

**Q&A.** The actress talks about bad sex scenes and working with her husband on the film "X/Y."

America Ferrera produced and helped develop "X/Y," an ensemble indie drama written and directed by her husband Ryan Piers Williams. But she wasn't always supposed to act in it. In fact, they both did, playing a couple who split in the opening scene after her character, Sylvia, reveals that she cheated on his character, Mark. Not that it reflects any problems with their marriage.

**What attracted you to this film?**

What compelled me was the search for intimacy, and how that becomes increasingly challenging in a culture where we make constant connections with the outside world. Yet there's this loneliness that

doesn't necessarily get remedied by that. [All the characters] are on journeys to find true intimacy, but Sylvia's was much more personal. She's very lonely and her journey's very much about her relationship to herself, and how that was stopping her from having true intimacy in her romantic relationships and her friendships. That felt really true for the modern day.

**What was it like to work with your husband?**

We met working, and



AMERICA FERRERA  
FILMMAGIC

working together has always been a big part of our relationship. We thought there would be a built-in intimacy and history in terms of body language — the kind you see in people in a long-term relationship that's

hard to fake.

**Was it difficult for you to make a dark relationship movie?**

We're both people who dive in and make the work feel personal. The relationships depicted aren't by any means biographical, but they are inspired by the challenges we face in our relationship and



America Ferrera plays a New Yorker having relationship problems with her live-in boyfriend, played by her real-life husband, Ryan Piers Williams, in the film "X/Y," now on VOD. / ENTERTAINMENTONE

challenges we've observed other friends facing in theirs. The hope was to hit a nerve and make it feel raw and real to people who are watching it, who can say, "Yep, I recognize that kind of bad sex." [Laughs]



MATT PRIGGE  
@mattprigge  
matt.prigge@metro.us

**Bonus question**

**Would you agree that there is more diversity in mainstream entertainment?**

There's no doubt we're moving in the right direction. But there's a long way to go. One area I am particularly passionate about is the creation and development of content — not just diversity in front of the camera, but diversity behind it, whether that be people of color or women or people from parts of the country or the world who are not often sharing their experiences. The more people we get behind the camera and tell our stories, the more the nature of what makes it onscreen will feel new and fresh and more dimensional. It's not always a question of how many Latinos are on television.

## Clinical Research Opportunity for Women

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# “Fraction Of An Inch”

## Success And Failure With Popular

### Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer  
**Manhattan** - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

**But before I tell you all that - let me ask you this:** How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

#### Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from *real medical treatments*.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

**But the fact of the matter is:** If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

**And even better** - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

#### Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

**Here is why:** When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

### Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



**Nothing Spreads The Word Like Caring Doctors and Results** - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

#### Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

#### “All Doctors Are Human And Sometimes They Mess Up”

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

**Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.**

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

#### Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.



# The Difference Between Knee Arthritis Treatment?

**Should Know... *That Might Be Keeping You In Pain***

**Here's something incredible:** I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

**The best thing is:** When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

## **"Double Confirmation" For Best Results**

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

## **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

## **Who Is This For?**

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

## **Your Invitation**

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

**This screening is no cost and there is no further obligation.** The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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### **Financial District NYC**

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Director Gazelle Craig D.O.

**Why A Fraction Of An Inch Can Be The Difference:** Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

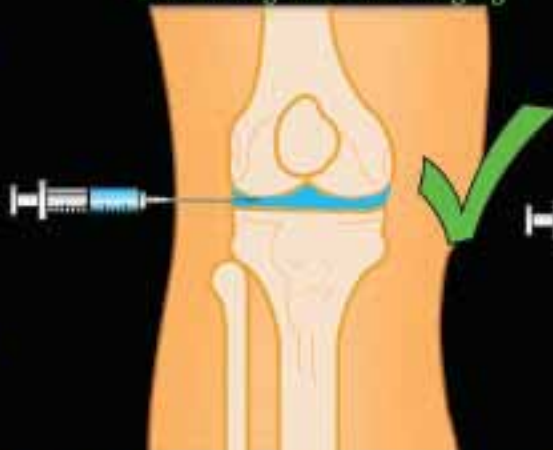
### **Before Treatment**

**Painful Knee Joint**  
**Riddled With Arthritis**



### **Successful Treatment**

**Exact Placement Of Lubricating Gel**  
**When Using Advanced Imaging**



### **Failed Treatment**

**Without Advanced Imaging Missing**  
**Joint By TINY Amount Causes Failure**



**Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering**

## Real-world love advice

## CHARLES J. ORLANDO

TheProblemsMen.com

Charles J. Orlando is a relationship expert and author of the best-selling book series "The Problem with Women ... Is Men." Find out more about him on his website, or visit him on Facebook for real-world love advice.



# Spice up your nights with some lingerie

Many couples start strong in the romance department: frequent sex, spontaneity, candlelight. Then, things might shift. Maybe they have a child, or someone's career gets moving, or priorities shift. Things enter a place of comfort and complacency — two killers of a romantic relationship.

Fortunately, there's a relatively inexpensive cure for the relationship blues: lingerie.

In truth, lingerie is one of the most inexpensive — and often overlooked — ways of rekindling romance in the bedroom, for both men and women.

Bras and G-strings, teddies and baby dolls, negligees, corsets and bustiers, and cosplay/roleplay clothing ... lingerie can take on many meanings. From sexy to risque to kinky — it is completely based on the wants/needs of the couple.

But for men, the reasons range from primal to romantic. For some, feeling like she did something especially for him can be flattering, and lingerie offers him a glimpse (and only a teasing glimpse) of the woman he loves as only he sees her.

But it's not just men who get a positive charge out of lingerie. As I've



Make sure you research her size ahead of time. Trust us. / ISTOCK

## Quoted

**"Lingerie is one of the most inexpensive — and often overlooked — ways of rekindling romance in the bedroom, for both men and women."**

stated many times: Women are women first and wives/mothers/girlfriends second — and they want to keep and be seen for their femininity up-front-and-center — not as an afterthought. Some women wear something sexy under

their everyday clothes to feel sexy throughout the day (as do some men ... but that's a subject for a different article). According to the women I've surveyed (500-plus as of the time of this writing), it not only gives them more confidence, they



For exclusive commentary, visit [Metro.us/blogs](http://Metro.us/blogs).

feel more empowered.

Keep in mind, though, that lingerie can only serve as an extension of a couple's sex life. If someone comes home with a gift you're not into, you might need to guide things a little bit. You have to make sure your tastes match. (Example: Erotic is using a feather. Kinky is using the whole chicken.)



GREG MARINO

## Real-world tips

- **For the guys:** Flowers are sweet, but they are temporary. Candy is great, but the calories are a killer. Instead, head over to your local Victoria's Secret. Ask for help if you need it.
- **For the ladies:** Head to the lingerie store and text your guy pictures from the dressing room. Then he'll get a sense of what you want, and you'll start up the anticipation for later that evening, as well.

- **For the single ladies:** Go shopping. Get yourself something sexy and provocative. Just because you don't have someone to show it to currently doesn't mean you don't deserve lacy undergarments.



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# On St. Patty's Day, not just any Irish bar will do

Let's face it, all of the city's Irish pubs will be packed on St. Patrick's Day. If you are braving the crowds, follow my advice to find good food and cold beers for a celebration worth remembering.

## Molly's Pub & Shebeen

**287 Third Ave.** When I need a Guinness, I head to Molly's. The sawdust on the floor, roaring fireplace and Irish staff keep this place packed. The burgers are huge and positively delicious — I get distracted just thinking about it. Definitely order the homemade mozzarella sticks or the onion rings. There is always a wait, but it's worth it.

## The Dead Rabbit

**30 Water St.** The drink selections at Dead Rabbit are absolutely endless. The ground floor Taproom concentrates on

craft beers and whiskies of the world, while The Parlor offers specialty cocktails from the 19th century; I like the John the Baptist (whisky, green tea and apricot). There are so many choices, it's almost impossible. The dining menu is more upscale, with dishes like seared tuna crostini and pork belly sliders. (Don't worry though, this is a proper pub — you can still get a burger.)

## Kinsale Tavern

**1672 Third Ave.** I love the hot buttered rum special for \$5.75. There are tons of TVs for all your sports needs, and they serve a hearty full Irish breakfast all day. Kinsale is a low-key neighborhood gem with over 20 beers on tap. Appetizers start at \$5 and sandwiches \$9; the fish and chips are a winner.



For exclusive commentary, visit [Metro.us/blogs](http://Metro.us/blogs).

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## MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



## Weekly Yelp. Bodega sandwiches

Sometimes the best sandwiches are found in the same place you buy your Advil and cleaning supplies. Don't believe us? Take a gander at some of these tasty bodega bites below.

## Sunny and Annie's

**94 Ave. B, East Village**

The Pho #1 is everything a man can hope for. Pho in a roll. I can't take spice so every time I have it, there's no Sriracha, but it's still amazing. It's literally like eating pho in a roll. **SAM C.**



## Homefront Deli

**41 E. 41st St., Murray Hill**

I absolutely loved their Reuben sandwiches — one of NYC's best kept secrets, in my opinion. The hot past-rami was good, but their corned beef shines. **BIRU S.**

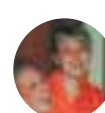


Park Italian Gourmet / KARL K.

## Blue Moon Deli

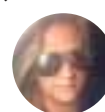
**1773 First Ave., Upper East Side**

We've thought about moving to a different neighborhood but we are so attached to the deli we may never leave. Anytime we grab a sandwich anywhere else in the city we complain it's never as good as the deli. Prices are awesome too! **HILLARY G.**



**201 E. 81st St., Yorkville**

\$7.50 gets you a really good chicken parm sandwich on a delicious fresh foot-long hero. I was worried because it took about 30 seconds to get my sandwich. Boy, was I wrong. Even ordering close to 3 p.m. the bread was still perfect. **CHELSEA B.**



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Don't expect Spacey or Wright to start sharing any "House of Cards" secrets. / DAVID GIESBRECHT

# Binge-watching etiquette from stars who live it

**Streaming secrets.** Starring in a Netflix show means protecting fans from spoilers.

If you think that Kevin Spacey is going to tell you one tiny thing about the new season of "House of Cards," think again. Any efforts to tease hints out of him are met with, "Nice try." It's all part of his overarching philosophy regarding binge-watching.

"I have this policy about this, which is that I won't discuss any plot points or anything that happens in any season. I haven't ever, for three years. It's one of the most satisfying parts about being in the show because I can't be the spoiler-in-chief," says Spacey.

We pressed Spacey on this. Surely there comes a point when it's OK to talk about past seasons, at least?

"It's never OK. It never will be OK," says Spacey firmly.

But what about some of your other fave Netflix stars? We asked around.

## Robin Wright

Co-star Robin Wright, when asked about her feelings regarding the ever-evolving union between Claire and Frank Underwood, looks at Spacey and says, "I feel like if I elaborate, you're going to spank me."

"You are building a 13-hour film every season," says Wright. "It's a novel, and you, the public, can pick it up where you want, read as many chapters as you want, in whatever



"Orange Is the New Black" stars are just as secretive as the ones on "House of Cards." / JOJO WHILDEN

format, and put it down for six months and return to it."

## Taylor Schilling

"House of Cards" is all about secrets, so it seems natural that the actors would be secretive. What about over on prison drama "Orange Is the New Black"?

"In terms of speaking about the show, I concur with my fellow Netflix friend," says Taylor Schilling of "Orange Is the New Black," breaking all of our hearts a little. "I don't really ever feel like there's an appropriate time to start to talk about things, because I so respect the experience that people have with these shows, and I feel like it's a very intimate experience. I love the idea that people are just starting to get to know the world we've created."

## Uzo Aduba

Uzo Aduba, who plays



"I find with my friends, you find where they are in the season. And so you can be like, 'OK, you've watched up to 4, let's discuss 1-4,'" says Uzo Aduba, Crazy Eyes on "Orange Is the New Black." / JESSICA MIGLIO

Suzanne on "Orange," was willing to throw us a bone and share her methods for discussing a streaming show. "As someone who is a fan of 'House of Cards,' and has finished, I found a group of people who I could have that conversation with, where I was like, 'OK, we're going to have to discuss a couple things.'"

Aduba says it's also important to verify how far your prospective chat buddies are in the show before moving forward. "I find with my friends, you find where they are in the season. And so you can be like, 'OK, you've watched up to 4, let's discuss 1-4.'"

LISA WEIDENFELD @LisaWeidenfeld lisa.weidenfeld@metro.us

## Quoted



"On our show, we have an out, because it's Marvel, and I'm not allowed to talk about it."

Vincent D'Onofrio, Wilson Fisk on "Daredevil"

## Plot twist

## Spoiler-free zone

Even within the Netflix family, it's verboten to get too detailed about plot points. Regarding a question about developments on "House of Cards," Schilling says, "It was funny. I had like a visceral reaction when I heard that question, like, 'Please do not tell me.' I'm savoring those episodes of 'House of Cards' right now."

And Aziz Ansari, who has a new Netflix comedy special, "Live at Madison Square Garden," panicked as soon as people started asking who had watched the new season of "House of Cards." "Not all of it, hush! How has everyone seen everything?!" We know how you feel, Aziz.

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No one wants to attend open houses in this type of weather. / ISTOCK

### Market news.

Brokers look forward to open houses, leaving broken pipes and icy steps behind.

New York real estate may be hot, but it's not immune to freezing temperatures. The so-called Siberian Express, as some dubbed the seasons' prolonged cold snap, left a trail of ruined open houses and delayed listings in its tracks.

While seasonal dips are not new, this year's exceptional cold, snow and ice made it difficult for some buyers to get around. Now, brokers said, buyers suffering from cabin fever are all the more eager to snag an apartment this spring.

"Everyone is really excited that the calendar is

turning toward [spring] because there's been a lot of appointments canceled, deferred or delayed because it's been an epic February in terms of temperature," said Jason Haber, a broker at Warburg Realty.

He said he delayed

listing at least one unit, a Classic Six on the Upper West Side that will have an ask of around \$2.2 million. "I felt the market would be more receptive in March," Haber said. "The last thing I'd want to do is put a beautiful apartment on the market on a day when its minus-14 degrees."

The cold temperatures are showing up as a chill in the numbers. In January, just 310 condos in Manhattan went into contract, down 6.3 percent from December and, significantly, the lowest monthly total in three years, according to StreetEasy. Condos spent a median of 82 days on the market, up sharply from 19 days in December.

E.B. SOLOMON

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

**THE REAL DEAL**

### On the flip side

#### Braving the cold

Of course, this is still NYC real estate, and a good number of agents said frigid temperatures haven't cooled the market. Warburg's Annie Cion Gruenberger wouldn't cancel an open house, even in a snowstorm. "Many people want to take advantage of low interest rates," she said, adding that serious buyers aren't deterred by the weather.

### Priciest



**\$58.5M**

**157 W. 57th St., #83**

The most expensive property to come onto the market this week is a condo in Midtown. This full floor four-bedroom, five-and-a-half bath unit has 360-degree views of Central Park, and a salon with nearly 12-foot ceilings. The unit features a master suite

with a 23-foot dressing room with adjoining wet room and steam shower and a state-of-the-art chef's kitchen with breakfast room. One57 is a luxury building with a concierge, doorman, elevator, swimming pool and gym.

### Cheapest

**\$225K**

**258 W. 117th St. #20W**

The least-expensive unit to come onto the market this week is a co-op in Central Harlem, marketed by Prime NYC. This one-bedroom unit is on the 2nd floor of a walk-up and features hardwood

floors throughout, an entry foyer and windowed kitchen. This co-op is located in an HDLC income-restricted building close to parks and public transportation.



StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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# Cold weather disrupts real estate market



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# Clever ways to hide your electronics

Wires and routers and speakers — oh, my! If your living room is cluttered with electronic eyesores, you may want to perk up. We've tracked down three DIY experts who have some awesome ways of passing off gadgets as cute pieces of home decor. Here are three design hacks for disguising technology. **MARIANNE HAYES**



## Turn speakers into pieces of art

If you're into customized decor, this speaker-hiding project is definitely for you. The idea is to transform your speakers into art pieces that naturally blend in with the rest of your space — whether it's kitschy, modern or somewhere in between.

"You can vary the sizes, pick out cool fabrics

and get crafty with the frame designs and colors," says Farm Fresh Therapy's Chelsea Mohrman, who brought this project to life. (Farmfreshtherapy.com)

According to Mohrman, this DIY is a little tricky but definitely well worth it. It involves deconstructing the speakers then putting them back together using framed fabric. Check out her site for full instructions.

PROVIDED

## Slip TV wires behind the wall

If you live in a smaller space (don't we all?) mounting your flat-screen on the wall is a great way to free up extra room. The only problem is that this sometimes results in a dangly tapestry of unsightly wires. Diane Henkler from In My Own Style (Inmyownstyle.com) has the perfect solution — simply tuck them away within the wall.

This project may seem a bit intimidating to the novice DIY-er, but Henkler assures that it's actually much easier than it seems. "Having the right tools makes any DIY project easier," she says. "In this case, the steel fish tape makes the job of getting the wires behind a wall an



ISTOCK

afternoon project."

In simple terms, use a hole saw to drill two small holes: one right below the TV mounting base and one closer to the floor (behind your media console). From there, you basically have to feed the wires through the wall itself. The finished product is a wall-mounted TV — minus the unattractive cables.

## Use decorative boxes

Even if you have wireless equipment, a collection of blinking routers and bulky modems is the last thing you want to showcase. Kerry Kobe over at Sweet Sanity Designs (Sweetsanitydesigns.com)

recommends hiding these accessories in decorative boxes.

"Life is so hectic that I'm drawn to making spaces organized, balanced and serene, but technology junk never seems to fit into that look," says Kobe.

Her fix: carefully cut out an opening in the back of a stylish box to feed any wires and cables through to the back of your TV stand. Put the top back on and — voila!



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# 'Swim in the Swanepoel'

**Denim.** Model Candice Swanepoel collaborates on a new collection for Mother.

Not many brands can boast having an "angel" watching over their label, but for Mother, it's a reality. Candice Swanepoel, the Victoria's Secret pin-up, has designed her first-ever '90s-inspired capsule collection — Candice Swanepoel + Mother — for the L.A.-based fashion house, including shorts, high-waisted bleached jeans and a cheeky top emblazoned with "I Want To Swim In The Swanepoel." That'll get the boys going. The 26-year-old South African model tells us why she (literally) put her name on the limited edition looks, which will in part help fund pediatric HIV charity mothers-2mothers.

**Why did you decide to collaborate with Mother?**  
Mother approached me with this project, and after I met the team, I knew it was the perfect

partnership because I could not only try my hand at designing my own line and learn what it takes but also help a great cause at the same time.

**How were you involved in the creative process?**  
They gave me complete freedom to make the denim I love. I chose everything from the washes, fits and styles to

directing the campaign shoot. I got to put so much of myself into it.

**What is your favorite piece in the collection?**  
One of my favorite pieces is The Stunner in Hijacking the Runway. It's a high-rise rigid denim that molds to your body over time. The wash is light blue with distressing and holes on the knees. I love to wear it with a simple white button-down.

**What kind of girl did you have in mind when you created the collection?**  
The collection is designed for a girl who loves the '90s — most of the collection is comprised of high rises and fits from that time period. I drew inspiration from the off-duty street styles of supermodels from the '90s. I was especially influenced by Cindy Crawford's iconic Pepsi campaign where she's wearing short shorts, as well as images of Kate Moss and Drew Barrymore.

ELODIE NOËL  
@metronewyork  
letters@metro.us

## Giving back

**Tell us about the charity aspect.**  
Being South African, I've seen the devastation that HIV/AIDS has caused my country and the whole of Africa. Through my collaboration with Mother, I am so grateful that I can raise awareness about this and support the organization, mothers2mothers, which is saving lives and empowering pregnant women and mothers. I hope everyone will support our efforts and make a ton of money for this amazing organization, and, in doing so, help us save lives.



The Stunner fray shorts, \$176, Motherdenim.com  
RUSSELL JAMES

## New in shoes

### Gray Malin teams up with Sperry

Can't get enough of photographer Gray Malin's super popular aerial beach shots from around the world? Well now you can take his prints with you everywhere you go. Sperry collaborated with the artist to create a limited-edition footwear collection celebrating the spirit of the sea.

Expect four classic Sperry silhouettes in three of Malin's most popular prints, taken from a helicopter during trips to Portugal, Sicily and South Africa. **\$75-\$88, Sperry.com**

TINA CHADHA



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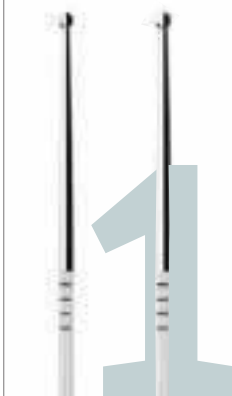
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### Intelligent drumsticks

If you don't have space for a fully fitted drum kit, try out a virtual one made possible by these "smart" drumsticks by tech firm Muzik, which unveiled their product at the 2015 Consumer Electronics Show. Thanks to motion algorithms and augmented reality, you just have to tap the air and the sticks, connected to a smartphone app, automatically know where each drum and cymbal is. **MuzikOfficial.com, price TBD**



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Wednesday, March 11, 2015

TECHNOLOGY 22

# Musical instruments and gizmos

Who needs real musical instruments when you have something "smarter"? We round up the latest in high-tech musical gadgetry, like pocket-sized synthesizers, wireless drumsticks and interactive album covers. **WANISE MARTINEZ**

## Speed up your guitar

Guitar fans, say goodbye to cumbersome cables. Created by the Scotland-based startup Ingenious Audio, Jack is billed as the world's first gadget to wirelessly stream real-time audio to an amplifier. A recent success on Kickstarter, Jack plugs into any guitar output connector and syncs via Wi-Fi to amps and a tablet to play back or record your music. Jack has staggeringly low latency for real-time playing — about 13 times faster than standard Bluetooth and almost three times quicker than "low latency" Bluetooth. **WiFi-Guitar.com, \$280**



## Make music anywhere, with anything

London-based artist Bruno Zamborlin has created Mogeas, a new device that transforms any object into a musical instrument. The smart gizmo attaches to any surface, picks up the vibrations from the object while you tap it with your finger and converts them into sound via a smartphone app. So in effect, your desk, coffee mug and backpack can become your new guitar, drum kit and saxophone. "Sticking a Mogeas sensor to a window or to a tree is like playing them. The different way you touch it, the different way it sounds," Zamborlin tells us. **Mogeas.co.uk, price TBD**



## A very modern album cover

In today's world of technology, you can play music on album covers. Novalia, a technology company based in Cambridge, England, has created interactive paper turntables: Touch different parts of the cover to produce myriad scratches and beats. This novel music-making device uses electric circuits printed on the paper, which uses a special conductive ink. The device can be hooked up to your iPhone or iPad. **Novalia.co.uk, contact the company for prices**



## Pocket synthesizer to play

Swedish company Teenage Engineering has put some Game Boy-esque playability into making electronic beats using synthesizers. The Pocket Operator allows you to create tunes by bashing a few buttons with your thumbs, just like your favorite hand-held gaming device of yesteryear.

There are three models of synths to choose from: the PO-12 "Rhythm" drum machine, the PO-14 "Sub" bass synth and the PO-16 "Factory" melody unit. The gadget boasts an 8-bit LCD display, a built-in speaker and even an alarm clock. **TeenageEngineering.com, \$59 each**



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# Harshing the buzz

**Marijuana.** As more states legalize cannabis, there's concern about a little-known risk.

As the campaign to legalize marijuana has gained traction, some unexpected side effects have cropped up. Among them is a new study out of Texas about the effects of marijuana that could make the road to legalization a little less smooth.

The Wilford Hall Ambulatory Surgical Center in San Antonio is raising the alarm about a growing number of cases involving allergic reactions to cannabis. The study calls the allergy "unconventional" and emphasizes the potential public health concerns as more states move toward legalization.

"You can be allergic to anything — that's the nature of how allergies are — but now that more states are legalizing marijuana, it's coming to the forefront," says Dr. Purvi Parikh, of the Allergy & Asthma Network and NYU Langone Medical Center. "It's not that the allergy is new, but it's now being more recognized."

The allergen is the plant itself, called Cannabis sativa. Symptoms can mimic those of hay fever



There's no data yet on how common marijuana allergy is. / ISTOCK

## Treatment

### Desensitization

An allergic reaction is the immune system seeing a foreign substance as a threat and producing a violent physical reaction to get rid of it, and there are no easy treatment options. How does desensitization work? "The way we desensitize people is giving small doses of an allergen, very safely and in gradual increments, until the immune system no longer recognizes it as something that it doesn't like," Parikh explains, "and the immune system becomes tolerant of it."

and include itchy eyes and stuffy nose, trigger asthma attacks and even severe reactions like anaphylactic shock. "It [can be acquired] through inhalation, through touching it, handling it, breathing it in and ingestion," she notes. "That's what makes it a little more unique than some of the other allergens."

But not handling, smoking or eating marijuana may not be enough, she says. Cannabis plants produce pollen that could spread more widely if it is grown commercially.

"It's a unique type of allergen because it's something that you know is inhaled and can also be [acquired] through second-hand smoke," she says. "I've seen one patient who suffered from very bad

breathing problems, and she herself didn't smoke marijuana but all of her neighbors around her did. She was getting a lot of exposure through heating vents and air ducts."

Even if a person is not allergic to the cannabis plant, there could be concerns. Parikh has seen patients with mold or dust mite allergies have problems with marijuana.

Parikh doesn't know of any data on how common marijuana allergies are in the U.S.

"Right now what I do know is that it's pretty rare and rarely reported," she says, whether that's because people were hesitant to tell a doctor about using the drug when it was illegal, or it simply hadn't been used by a wide enough segment of the population to establish its prevalence.

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## Horoscope

**Pisces | Feb. 19-March 20**  
Search for an unusual hobby or join an organization with an unusual philosophy. Your compassion will attract new friendships.

**Aries | March 21-April 20**  
It's a good day to begin renovations or invest in property. Your financial prospects look promising. Romance is highlighted.

**Taurus | April 21-May 21**  
Do what you do best. A partnership will leave you with uncertain feelings that must be resolved if you want to stay focused on what needs to be done.

**Gemini | May 22-June 20**  
You'll end up in the middle of a situation that will help you move into a leadership position. Let your ideas be known, and you will solve problems.

**Cancer | June 21-July 22**  
Sitting at home will not motivate you to participate. Get out and join a group that will bring you in touch with like-minded people.

**Leo | July 23-Aug. 22**  
Avoid rumors if you want to avoid friction. If something isn't working, do your best to fix the problem and keep moving forward.

**Virgo | Aug. 23-Sept. 22**  
Mingle. Using your motor skills in a novel way will allow you to offer a service that is needed in your community.

**Libra | Sept. 23-Oct. 22**  
You will make a lasting impression. Don't be shy; present and promote what you have to offer, and you will get something in return.

**Scorpio | Oct. 23-Nov. 21**  
Don't let your nerves get the better of you today. Being on edge will not help you solve a problem. Emotional turmoil is best dealt with swiftly.

**Sagittarius | Nov. 22-Dec. 21**  
An unexpected turn of events must be addressed before you can move forward. Honesty should take top priority.

**Capricorn | Dec. 22-Jan. 20**  
You have plenty to offer, but will lack the support necessary to get ahead if you are too vocal about your plans. Preparation will be your key to success.

**Aquarius | Jan. 21-Feb. 18**  
Don't let your emotions dictate your actions or stifle your productivity. No one will do your job for you.

EUGENIA LAST

## Letters to the editor

## Violence not a race thing

**Re: 'Women rally for living wage' (Metro, us)** I have always been a girl for stopping violence against women and children all my life. I do appreciate the article. However, in regards to the Selma connection to violence against women: I would like to add there is no comparison. Selma activists have their own day and acknowledgement. We girls and women should have our own. Violence toward women is not just based on skin color. Violence towards women affects everyone. Women who have suffered from violence should have their own day and night of remembrance without any group taking responsibility for it. I speak from a woman of

not just domestic abuse but world violence too.  
**TANYA RENAY MARINELLI**

## Article was aimed at men

**Re: 'The stars of feminism are not men!' (Metro, March 6-8)** I think my fellow letter writers are overreacting over Jenna Busch's innocent piece on male feminist supporters. I think the article was aimed at men, as if to say, "See, it's cool to be a feminist, like Aziz Ansari." That's all. No deep hidden message.

RICH FEINBERG, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

8								4
		5	4			7	1	
		3	5	6			8	2
	8		3	5				
		7				6		
				8	7		4	
3	6			2	9	1		
	1	8			6	4		
2								6

	2	7	3					
9	4	8		1			3	2
3	1				9			
4			1			6		
		9			6			8
			7			6	1	
1	5			8		3	2	7
				1	4	9		

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

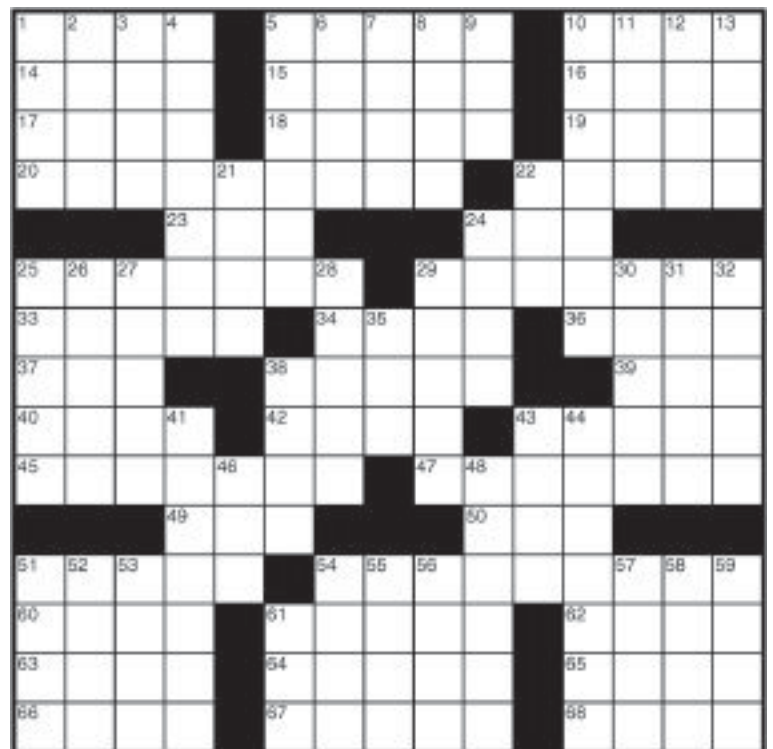
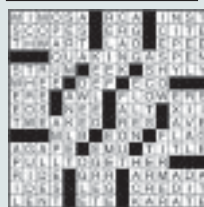
- 1 Tijuana locale
- 5 Please, to Fritz
- 10 Slimy crud
- 14 Hula-dance fete
- 15 Different
- 16 Rose Bowl org.
- 17 Elevator guy
- 18 Secluded valleys
- 19 Left the plane
- 20 Burrows (hyph.)
- 22 Marshy hollow
- 23 Same old grind
- 24 Garden-pond fish
- 25 Enchanting
- 29 Run aground
- 33 Outer garment
- 34 Similar
- 36 Murder and such
- 37 Spoil
- 38 Making a bow
- 39 Go-ahead
- 40 Temple pier
- 42 Cronyn of "Cocoon"
- 43 Mecca resident
- 45 Self-guided tour? (2 wds.)
- 47 On an incline
- 49 Wolf Man portrayer
- 50 Rap-sheet letters
- 51 — and dined
- 54 Copper patina
- 60 Georgetown alum
- 61 Sharp-smelling

## Down

- 62 Freeway access
- 63 Totally amazes
- 64 Reinforce
- 65 Barely open
- 66 Miss Kitty's friend
- 67 Chemical compound
- 68 Quite a few
- 1 Sci-fi menace
- 2 Traffic clogger
- 3 Clink or cooler
- 4 Lipizzaner's home
- 5 Andean capital
- 6 "— never fly!"
- 7 You, formerly
- 8 Gymnasts' goals
- 9 Um cousins
- 10 Mouse sound
- 11 W. Coast campus
- 12 Claw or talon
- 13 Klondike —
- 21 He was a Finn
- 22 Not worth a —
- 24 Big ape?
- 25 Jazz singer Carmen —
- 26 Moving right —
- 27 Must (2 wds.)
- 28 Easy basket
- 29 Punishes a leadfoot
- 30 Glazed goody

- 31 Crumble away
- 32 Overhauled
- 35 Klipping classic
- 38 Watery
- 41 No fewer than (2 wds.)
- 43 H.H. Munro
- 44 Door re odor
- 46 Lightning —
- 48 Painter's tool
- 51 "Kapow!"
- 52 Plains state
- 53 "Da" opposite
- 54 DVD predecessors
- 55 The E in QED
- 56 Wedding confetti
- 57 Rani's spouse
- 58 "— Old Cowhand"
- 59 Nimble
- 61 "Honest" fellow

## Yesterday's answer





# Both Jets and Giants swipe from Patriots

**NFL.** Darrelle Revis is back with the Jets and the Giants were able to land Shane Vereen.

A little over a month ago it was winning time for Darrelle Revis, capturing a Super Bowl title with the New England Patriots. But for Revis, long a player who has made no bones about his love for money, the start of the NFL's free agency period Tuesday signaled that it's "cashin' in time."

The Jets will pay Revis around \$40 million in guaranteed money, according to ESPN's Adam Schefter. Schefter was the first to report that Revis had agreed to terms with New York.

Revis, the face of the Jets franchise from basically his rookie year of 2007 right up until 2012, returns to a club in desperate search for a leader. The Jets traded away Revis to the Tampa Bay Buccaneers in April of 2013 in exchange for draft picks.

## NFL gone wild

Big moves in the NFL Tuesday:

- The Rams and Eagles are swapping QBs as **Sam Bradford** is headed to Philly and **Nick Foles** is headed to St. Louis.
- The Ravens traded defensive tackle **Haloti Ngata** to Detroit for 2015 fourth- and fifth-round picks.
- Receiver **Torrey Smith** will land in San Francisco with the 49ers.



NICK FOLES  
GETTY IMAGES

Revis lasted just a year in Tampa Bay, and flirted with a return to New York a year ago before the Patriots signed him in free agency.

Revis will be placed alongside former Cleveland Browns corner Buster Skrine, who New York also reportedly signed Tuesday. A four-year contract, reportedly worth \$25 million, sees the Jets land one of the bigger cornerbacks left on the open market in Skrine.

The Giants also stole from their neighbors to the north Tuesday, bringing in pass-catching running back Shane Vereen.

Vereen carried the ball just 96 times for 391 yards and two touchdowns for the Patriots in 2014, but he did legit damage in the passing game, catching 52 balls from Tom Brady for 447 yards and three touchdowns.

Vereen has never been a featured back in the NFL, as he often split time with Stevan Ridley and LeGarrette Blount in New England.

MATT BURKE  
and KRISTIAN DYER



Darrelle Revis was one-and-done in New England, as the corner is returning to the Jets. / GETTY IMAGES

## NBA power rankings | by James Toscano

No. 1



Warriors  
(50-12)

Big wins over the Mavericks, Clippers and Suns. I've watched that clip of Steph Curry's ball-handling-to-3-pointer play against the Clippers 100 times and it keeps getting prettier.

No. 2

Hawks  
(50-13)



I don't care that the Hawks sat a few players — you just don't lose to the 2014-15 Sixers and expect to stay at the top of these rankings. That said, Atlanta clinched a playoff berth already.

No. 3

Grizzlies  
(45-18)



Tough wins over the Rockets and Bulls on the road tell you this team is still a force to be reckoned with. They play just two current playoff teams over their next five games.

No. 4

Rockets  
(43-20)



Dwight Howard has resumed some on-court activities, though he's not close to a return just yet. It's not like the Rockets are struggling that much without him anyways.

No. 5

Blazers  
(41-20)



Ouch. Wes Matthews' season-ending ruptured Achilles tendon is such a killer as he's one of the more underrated and tougher guys in the entire NBA.

No. 6

Cavaliers  
(40-25)



Officially in second place in the Eastern Conference and it's hard to believe they'll move from that spot. The Hawks are locking in at No. 1 and the Raptors, Bulls and Wizards are flailing.

No. 7

Clippers  
(41-23)



You know that loss the other night to the Warriors really stings. Not as much as Draymond Green wanted to sting Dahntay Jones for intentionally bumping him. But still.

No. 8

Mavericks  
(41-24)



They're 5-5 over their last 10 games and that about sums up how things are going for them with Rajon Rondo. Three big games are coming up with the Cavaliers, Clippers and Thunder on tap.

No. 9

Thunder  
(35-28)



I don't understand the people who won't include Russell Westbrook in the MVP race. His last five games: 40.2 points, 11.2 assists, 12 rebounds per game.

# 3

## SPORTS



NHL

### Graham traded to Seattle

The Seattle Seahawks are giving Russell Wilson one legit weapon. ESPN's Adam Schefter reported just ahead of the 4 p.m. Tuesday start of free agency that the Saints and Seahawks had finalized a trade that will get the All-Pro tight end to the Pacific Northwest. Graham caught 85 balls for 889 yards and 10 touchdowns in 2014, but — when fully healthy — has shown the ability to be a 1,000-yard receiving tight end. Fox Sports' Jay Glazer reported that the Seahawks will give up a first-round pick in the deal, along with center Max Unger.



Visit [Metro.us](http://Metro.us) to see the latest NFL news as free agency ramps up.



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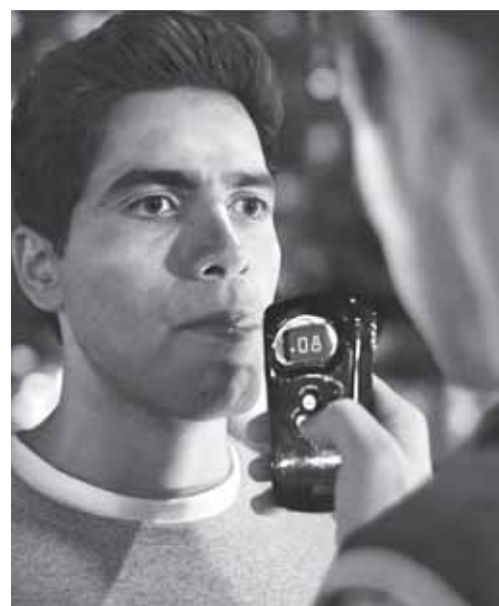
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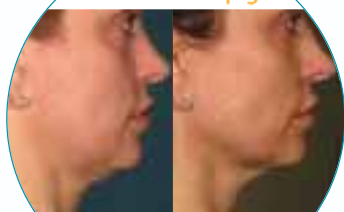
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